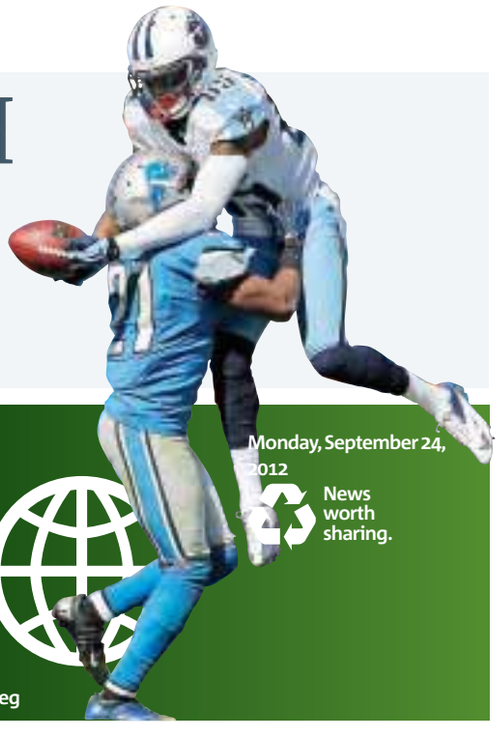
TITANS TRIUMPH

TENNESSEE TITANS BREAK LOSING STREAK IN OVERTIME, BECOMING THE FIRST NFL TEAM TO SCORE FIVE TOUCHDOWNS OF 60 YARDS OR LONGER IN A SINGLE GAME PAGE 18



WINNIPEG metro

Monday, September 24, 2012

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Citizenship rule changes leave families in limbo

Some children born abroad may no longer be eligible for citizenship PAGE 6

Cleaning up will make you happier

And that's not the only tip the author of the Happiness Project has to share PAGE 14

Use your noodle — try smoked trout in your soup

Give chicken noodle a rest and go for a real splash of flavour PAGE 15

'VEEP' IS NO. 1 WITH EMMY VOTERS

Julia Louis-Dreyfus, of the HBO show Veep, poses backstage with her award for outstanding lead actress in a comedy series at the 64th Primetime Emmy Awards at the Nokia Theatre in Los Angeles, Sunday. To see who dazzled on the red carpet, go to page 10. JORDAN STRAUSS/INVISION/THE ASSOCIATED PRESS

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NEWS 1

The team behind Shaw TV's The Week Thus Far having a blast. CONTRIBUTED

Week Thus Far generating buzz for 'genuine' comedy

Makeover. Young show revamps set and banter style

JARED STORY
winnipeg@metronews.ca

The Shaw TV comedy The Week Thus Far no longer looks like something filmed in your grandmother's basement.

Hosted by local comedians Dan Huen and Ben "Old Ball Coach" Walker, the Winnipeg duo's take on late-night tapes live every Monday at 8 p.m. at King's Head Pub.

The season premiered last week with stand-up comic Mark Forward and musical guest 6Sigma, all on a new set design.

"We're trying to improve the image," Huen says.

Huen, 24, also serves as WTF's senior producer. "The content is already great, we know that, the problem is that people didn't take the show seriously because it looked like the set of The Joy of Painting."

Written by a collective of Winnipeg comedians, WTF has improved immensely since season one, when Huen was reading jokes off of recipe cards. The cable show is better due to improved technical aspects, more defined roles, a better-organized live show, and most obviously, the quality of banter between Huen and Walker.

"In the first season he was really nervous, but he's loosened up and now we talk to each other like we're an old married couple," Huen says of Walker, who was recently crowned Rumor's Comedy Club's Funniest Person with a Day Job.

"We used to plan out five things to talk about for banter before each episode. Now we just plan one and see where it goes," says Huen.

"We know we'll end up arguing or doing something ridiculous. Genuine reactions are the way the show functions. If anything feels fake, then we've failed."

Huen says the show's Weekend Update-style news desk format (taken from Saturday Night Live) has earned them fans in the local media.

"Everyone in media gets a kick out of our show because we're doing what they want to do, (to) have free range to say whatever you like," Huen says.

This week's show features Winnipeg comedian Big Daddy Tazz and musical guest Dead Ranch.

Where to find it

The Week Thus Far airs daily on the Shaw TV loop and can be streamed at tv.weekthusfar.com. WTF also produces online content, available at weekthusfar.com.

Mobile news

Qriket

Freedom never tasted so salty. Scan the code to watch an endangered sea turtle, rescued from death, released back into the ocean.

West End

Two shootings leave two men in hospital

Winnipeg police have confirmed a man was shot Saturday afternoon after neighbours reported gunfire on Sargent Avenue.

The shooting happened at around 2 p.m. A man was taken to hospital with a gunshot wound to his upper body. He was initially listed in unstable condition, but has been upgraded to stable.

This was the second shooting in less than a day after a man was short on Maryland Street early Saturday morning. The 18-year-old was taken to hospital at about 6:40 a.m. in unstable condition, but he too has been upgraded to stable. METRO

Rossmere, Seven Oaks

Police probe two store robberies

Police are investigating after suspects made off with cigarettes and merchandise in two separate armed robberies early Sunday.

The first happened around 2:50 a.m. at a convenience store in the 400 block of Edison Avenue where two men — one armed with a gun — confronted two employees and stole cigarettes and other merchandise before fleeing. No one was injured.

Police describe both suspects as white, and in their early 20s with medium builds.

In a second incident at 4:35 a.m., police were called to a convenience store in the 1800 block of Main Street where a lone male armed with a knife made off with an undisclosed amount of merchandise.

No one was injured and the suspect is described as white with blond or reddish hair, 20 years of age and five foot 11 inches tall with a thin build. METRO

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Support. Madison Lodge gets extreme makeover with helping hands

Making the Madison Lodge a real home for its tenants was the driving force for an extreme makeover, volunteer-style.

Employees of five Winnipeg Home Depot stores donated their time and more than $5,000 worth of tools and construction materials to the final push of renovations at Madison Lodge, which was taken over by Siloam Mission in April of 2011.

Judy Richichi, director of finance and development for Siloam Mission, said she was there on Thursday, preparation day for the crews, and Friday, when the majority of the work took place.

"Everyone is working hard to provide a home for the holidays, whether it be for Thanksgiving or Christmas," said Richichi, referring to the different move-in dates for the remaining suites.

The crews installed new ceiling tiles in the kitchen and painted it, installed a fireplace, painted the living room, installed a big screen TV for the residents and, on the outside, redid the sidewalk and patio.

Thumbs up

"(On Friday), there were about five or six residents there, so I asked 'What do you guys think? Thumbs up or thumbs down?' and they all did a thumbs up."

Judy Richichi
Siloam Mission

Richichi said the budget for the Madison Lodge renovations was mostly for the rooms, which were in very poor condition.

Madison Lodge, which was once viewed as troublesome and even dangerous by its neighbours, is being renovated from top to bottom to provide a stable, supportive environment for people who are homeless or at risk of becoming homeless.

There are currently 60 people living at the Madison, with more expected to move in when the final renovations are completed in the next few weeks. BERNICE PONTANILLA/METRO

Blaze. Five people escape early-morning house fire on Lansdowne Avenue

Five people escaped injury when a major house fire broke out in their Inkster neighbourhood.

Winnipeg police said they were in the neighbourhood when a passer-by told them of a house fire on Lansdowne Avenue at about 2:30 a.m. on Sunday.

Officers banged on the front door to try and wake the residents, but eventually had to break in to evacuate the people inside.

Damage to the home is estimated at $195,000.

A house next door also sustained minor damage, police said. METRO

A house fire on Lansdowne Avenue in the Inkster neighbourhood caused $195,000 damage. HOWARD WONG/METRO

Search for suspect

Teen abducted, sexually assaulted, police say

Winnipeg police are asking the public for help after a 16-year-old girl was abducted, sexually assaulted and then pushed out of a vehicle.

At about 4:30 a.m., officers were called to the 1700 block of Sargent Avenue where they found the victim who said she had been waiting for a bus at Sargent Avenue and Maryland Street when she noticed a suspicious vehicle.

The car stopped, a man got out and then forced the teen into the vehicle.

The suspect then drove for about 10 minutes before stopping in the area of Ellice Avenue and King Edward Street and sexually assaulting the victim. She was later pushed out of the car.

The suspect is described as East Indian in appearance, around 30 years of age, with a medium build, short black hair and a short beard.

The vehicle is described as small, white, four-door with black pinstripe details on the side. METRO

Mob attack

Four charged in melee with Winnipeg police

Four men have been charged after police say officers were attacked by a mob of men in West Kildonan early Saturday.

Police were originally called to the corner of Carsdale Drive and Swinford Way around 1 a.m. after shots were reportedly heard from a large group of people gathered in the area.

Once on the scene police found a man armed with a hammer.

After disarming the man with the hammer, and while in the process of arresting a 19-year-old man, another 19-year-old man began pushing officers, according to police.

A third 19-year-old man allegedly tried to hit an officer with an empty bottle, and while police tried to arrest that man, a 20-year-old man allegedly tried to interfere.

All four males have been charged with various offences, and all have been released on a promise to appear in court. METRO

Celebrating the harvest

Kaila Bacosa-Puhawan, 2, bites into a steaming piece of fire-baked bannock at FortWhyte Alive's Fall Family Festival on Sunday. The day offered a number of activities for kids and their parents to enjoy in celebration of the harvest. SHANE GIBSON/METRO

WEED CONTROL IN MANITOBA

Share Your Ideas

Help determine how cosmetic pesticides should be sold and used in Manitoba

Many Manitobans use cosmetic pesticides on their lawns to kill weeds, insects and other pests.

A number of health organizations believe cosmetic pesticides may pose a health risk to humans, animals and our environment.

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Play it SAFE

The Manitoba government has a document called *Play it SAFE* that provides information and options for the future use of cosmetic pesticides in Manitoba.

Make Yourself Heard

We invite you to review *Play it SAFE* and let us know your thoughts on this issue.
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Environmental Programs and Strategies Branch
1007 Century Street, Winnipeg, Manitoba R3H OW4

All Comments must be received by October 1, 2012.

Manitoba

Veterans. 'Weak' case, but Harper government spent $750,000 fighting anyway

The Harper government spent $750,462 in legal fees fighting veterans over the clawback of military pensions, documents tabled in Parliament show.

Federal Liberals have been demanding to see a breakdown of Ottawa's legal costs in the class-action lawsuit launched by veterans advocate Dennis Manuge, of Halifax.

The response was tabled in Parliament last week, but Justice Minister Rob Nicholson refused to release an itemized count, invoking solicitor-client privilege.

Instead, he released a global amount for the lawsuit, which has been dragging its way through the courts since March 2007.

Liberal veterans critic Sean Casey described the legal bill as an "obscene waste of taxpayers' money."

In abandoning the legal fight, the government appointed Stephen Toope, the president of the University of British Columbia, to lead negotiations with Manuge's legal team to arrive at a settlement, including retroactive payments.

Fighting veterans

In siding with veterans last May, Judge Robert Barnes "unreservedly" rejected the government's arguments.

- The class-action lawsuit involved Dennis Manuge of Halifax and 4,500 other disabled veterans whose long-term disability benefits were reduced by the amount of the monthly Veterans Affairs disability pension they receive.
- The ex-soldiers argued it was unfair and unjust to treat pain and suffering awards as income.

The settlement could run as high as $600 million, depending upon how many years back the federal compensation plan will go. Casey said that given the amount of money at stake, he could see the government fighting if it had a strong case: "They had a weak case from the get-go."

THE CANADIAN PRESS

Thousands enjoy Breakfast on Stone Bridge in Macedonia

People attend the Breakfast on Stone Bridge event, on the bridge over the Vardar River in downtown Skopje, Macedonia, Sunday. Some 2,300 meals were served during this event organized by the city. The bridge is considered a symbol of Skopje, the capital of the Republic of Macedonia. The stone bridge connects Macedonia Square in the centre of the city to the Old Bazaar.

BORIS GRDANOSKI/THE ASSOCIATED PRESS

Big Three talks

Ford workers vote 82% for contract

Ford's unionized Canadian workers have accepted a new contract that was hammered out last week.

The Canadian Auto Workers says 82 per cent of its members who voted this weekend accepted the new contract. The CAW news release did not indicate how many of its 4,500 members at Ford cast ballots. CAW members at General Motors are due to vote on a tentative contract beginning Wednesday. CAW is still in talks with Chrysler.

THE CANADIAN PRESS

Veteran journalist

Henry Champ dies at age 75

Veteran broadcast journalist Henry Champ has died. Champ's son says his father died Sunday morning in Washington, D.C. He was 75 and is survived by his wife and five children.

Champ spent the latter part of his career as CBC's Washington correspondent. He also served as CTV's Washington and London bureau chief before moving on to NBC, working in Europe and Washington.

Champ started his career in Brandon, Man., in 1960 and retired in 2008.

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metro PHOTO CHALLENGE

Mateo Compton Moscoso, 3, and his father Paul Compton. Compton has been fighting for nearly three years to obtain Canadian citizenship for Mateo. A change in citizenship rules before his youngest son was born abroad means Mateo can't be considered Canadian. THE CANADIAN PRESS/CONTRIBUTED

New citizenship rules put some children born abroad in a bind

Frustration. Ontario native looks to England for citizenship for son after Ottawa changes regulations

Paul Compton is at his wits' end.

The Ontario native has spent nearly three years trying to obtain Canadian citizenship for his younger son with little success and now feels abandoned by his country.

After multiple appeals to politicians and much wrangling with public servants, the 42-year-old is now applying for British citizenship in an attempt to establish a sense of security for his child. But he feels like he's giving up a part of his Canadian identity in the process.

"I don't know what else to do at this point, I've hit a wall," he told The Canadian Press.

Compton is among an unknown number of Canadians caught in a web of regulatory changes made to the Citizenship Act in 2009.

His problems stem from the fact that he was born in Scotland — while his Canadian parents were in university — and his second son was also born abroad, four months after the government imposed a first-generation limit on citizenship by descent for those born outside the country.

That meant Compton's first son, who was born abroad before the regulations changed, is a Canadian, but his younger child, three-year-old Mateo, is not.

THE CANADIAN PRESS

Quoted

"Who are these undeserving citizens?... This is all based on a hypothetical problem."

Audrey Macklin, University of Toronto law professor

Washington

Giant panda dies

The giant panda cub born a week ago at the National Zoo in Washington has died. It was not immediately known why the animal died, zoo officials said Sunday.

THE ASSOCIATED PRESS

Cookstown, Ont.

Loose bull put down

Police say a bull spotted running loose around fields near a highway north of Toronto was put down Sunday after escaping from a nearby stockyard.

THE CANADIAN PRESS

Sky's the limit? Report alleges northern nurses used medical flights to shop

Staff at a remote First Nations nursing station arranged expensive emergency medical flights — on the federal government's dime — to go grocery shopping in a more populated community, a newly-released document alleges.

A special report by Health Canada investigators sets out troubling allegations about the conduct of staff at the Poplar Hill nursing station in northern Ontario, and about a small airline from which the Canada Revenue Agency is still trying to recover a sizable amount of money. The RCMP has also been asked to step in.

The claims are brought to light as part of a months-long investigation by The Canadian Press into allegations of wrongdoing by service providers of the federal government's health plan for aboriginals.

The Non-Insured Health Benefits program provides health-benefit coverage to eligible First Nations people and Inuit when they are not insured by private or provincial plans. The NIHB program also covers travel costs when aboriginals need medical treatment but cannot receive it in their home communities.

THE CANADIAN PRESS

Clement had 'ghostwriter' for Twitter town hall

Twitter table. Treasury Board president also had two subject matter experts, two communications staff and a moderator

Tony Clement
TORSTAR NEWS SERVICE FILE

Tony Clement may be king of social media in political circles on Parliament Hill, but he didn't get to be mayor of his own Twitter town hall.

During an online chat on the subject of open government, the Treasury Board president, who is a prolific tweeter, had a ghostwriter doing most of the work for him.

Last December's town hall made federal political history as the first online chat hosted by a cabinet minister using the microblogging service.

Clement is regularly ranked among Parliament Hill's top tweeters and lauded by social media watchers as having a natural touch with the technology. But when it came to formally engaging with Canadians, bureaucracy ground his freewheeling ways to a stop.

An analysis on the town hall obtained by The Canadian Press under Access to Information legislation highlights the struggle facing MPs seeking to use social media tools in a world of tightly controlled communications.

The two 45-minute chats — one in English, one in French — took more than a month to organize.

Three dry runs were held ahead of the main event, with staff even creating bogus Twitter accounts in order to practise using the service.

More than 40 stock responses were drafted so they could be quickly copied and pasted to reply to questions, while a ghostwriter was engaged to get Clement's responses out faster.

"I should point out too that the minister did take to the keyboard himself for a few responses — he does like to get hands-on sometimes," Sean Osmar, a spokesman for Clement, said in an email.

The chat didn't happen over the government's standard Internet connections.

Staff used mobile Internet technology in order to bypass any possible network filters, according to the report.

THE CANADIAN PRESS

Women in Nepal mark atonement day

A Nepalese devotee takes a holy dip with the help of a friend in the Bagmati River during Rishi Panchami, a purifying and atonement day for women, in Katmandu, Nepal. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

Cat mistakenly euthanized

A Massachusetts woman says her cat went to the veterinarian for a flea bath and was mistakenly euthanized instead.

Colleen Conlon of Gardner is grieving the loss of eight-year-old Lady, whose death she attributes to negligence by the vet, Muhammad Malik.

Her son took Lady to an animal hospital last week and unknowingly authorized the cat to be put to sleep after he says he was handed the wrong forms. He says he learned of the mix-up when he returned with a second cat and the vet asked whether he wanted to keep the bodies.

Conlon has filed a complaint with the attorney general.

Malik's lawyer tells the Telegram & Gazette that people should wait to hear all the facts before passing judgment and that he expects more information to come out. THE ASSOCIATED PRESS

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E. coli concerns. Ground beef recall is expanded further

The recall of ground beef from Edmonton-based producer XL Foods is being expanded yet again.

The recall due to possible E. coli contamination was announced by the Canadian Food Inspection Agency (CFIA) a week ago and has since been expanded six times. It affects ground beef sold by Sobeys, Food-land, IGA, and Douglas Meats stores in the Prairie provinces, Ontario, the Maritimes and some Big Way and Super A stores.

Now it also includes unlabelled ground beef products sold between Aug. 24 and Sept. 16 at stores which may include small retailers, local meat markets and butcher shops.

The CFIA advises consumers who are unsure if they have the affected product to check with the stores where they purchased the beef, or simply throw it out. The agency also says there are no reported illnesses linked to the beef. THE CANADIAN PRESS

More information

- A complete list of affected stores and products can be found on the food inspection agency's website at inspection.gc.ca.

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Gamers need not apply: New simulator puts safety first

VIRTTEX facility. Ford's virtual reality lab lets researchers monitor bad driving habits

Most car-themed video games challenge players to race as fast as they possibly can, and push dangerous driving to the limit without crashing.

So test subjects who step inside Ford's high-tech VIRTTEX research facility can be forgiven for wanting to stomp the gas pedal in the video game-like driving simulator. But most don't and try their best to stay alive.

In an effort to prevent car crashes in the real world, Ford has designed an incredibly life-like way to test drivers' skills and simulate dangerous situations that could end in death on the roads.

Within a research and development building in Dearborn, Mich., the former hometown of Henry Ford and where the automaker is headquartered, lies the VIRTTEX — short for Virtual Test Track Experiment.

A test driver goes behind the wheel of Ford's VIRTTEX, a safety simulator that analyzes drivers' skills and reactions to dangerous situations on the road. FORD CANADA/THE CANADIAN PRESS

Inside a seven-metre-diameter domed laboratory is what appears to be a standard Ford vehicle. But a close inspection would reveal its engine and transmission have been removed and it has been equipped to tie into an elaborate virtual reality simulator.

Video screens envelope the inside of the domed structure, giving test subjects a simulated 360-degree view of a driving environment. Peeking at all the mirrors reveals accurate views of what you'd expect to see while driving.

Once the simulation has begun, the VIRTTEX structure can move up to three metres side to side or front to back, and two metres vertically, to simulate the motion and feel of actually driving. The steering wheel realistically rumbles just right and sound is pumped into the vehicle to replicate engine and road noise. The wheel and pedals are just as responsive as in any car.

Before long, drivers get lost in the virtual world and feel like they're really driving down a long, open road. And then researchers can start observing all their bad habits. The speeders get identified pretty quickly.

The other cars on the road "are programmed to go five to 10 miles per hour (eight to 16 km/h) faster than you, so we quickly find out what kind of driver people are," says Ford's Mike Blommer.

"If they want to keep up with traffic ... those drivers keep speeding up and the next thing you know you're going 80 to 85 miles per hour (almost 140 km/h)."

THE CANADIAN PRESS

Quoted

"We get some really realistic reactions out of people." Ford's Mike Blommer

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GROWTH THROUGH CONSERVATION

URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

Manitoba Hydro's new CEO Scott Thomson made his first major public speech at a Winnipeg Chamber of Commerce luncheon last week, and his message was clear: "Build, baby, build!"

Now Thomson didn't use those exact words, but the sentiment was there as he spoke about Hydro's three-pronged plan for the future, which includes investing in new generating capacity, repairing old infrastructure, and increasing power exports to the United States.

One thing he didn't really touch on was conservation. Which is a bit odd since Thomson spends his days perched atop one of the most energy efficient office towers in the world.

But rather than using its award-winning head office as a symbol for how technology and innovation can help Manitoba do more while consuming less, Hydro's boss seems fine with accepting that we're always going to need more power and there's nothing the company can do about it except build more dams.

Thomson even cited forecasts that say Manitoba's energy requirements will increase by 1.5 per cent per year in the foreseeable future, and warned the province could face rolling blackouts for years if Hydro doesn't move ahead immediately with a plan to spend $20 billion on two new dams and other capital projects.

To illustrate his point, Thomson said the entire operating capacity of the new Wuskwatim dam will be consumed by Manitobans within the next 2.5 years. That's pretty incredible when you think about it. Hydro just spent around $1.3 billion to build a new facility that will be fully used in less than three years, and will do nothing to reduce our appetite for cheap power.

So rather than just building more and more new capacity, would we be better off powering up an aggressive electricity conservation strategy instead?

I'm thinking of a combination of investments, incentives and legislation that would encourage homeowners and industry to get serious about energy savings.

For example, there are currently thousands of homes across Manitoba that use electricity as their primary heating source. It could actually be more cost effective and environmentally friendly in the long term to switch those homes to a geothermal system rather than building another new power dam.

And if something as simple as switching to LED or CFL light bulbs could free up significant amounts of energy, then what would happen if our province outlawed wasteful technology, offered significant rebates on the purchase of efficient new appliances, provided interest-free renovation loans, and maybe even increased hydro rates to encourage more saving?

Homeowners and businesses would benefit from owning modern equipment. Hydro would be able to export surplus power and save the cost of building a dam or two. And Manitoba would become a shining example of energy efficiency, worthy of the example set by our shining hydro company head office.

So perhaps rather than being obsessed with building, Manitoba Hydro's new mantra should be "Conserve, baby, conserve!"

Shutting down the freeway

L.A. hopes to head off a-car-polypse one more time

'Carmageddon II' — the sequel — is coming to one of the most crowded U.S. freeways, and authorities are hoping its subtitle won't be 'The Traffic Strikes Back.'

Transportation officials say what they would like to see during the last weekend of September is a rerun of last year's two-day closure, when hundreds of thousands of motorists dodged doomsday predictions by staying away until the busy, 16-kilometre stretch of Interstate 405 reopened.

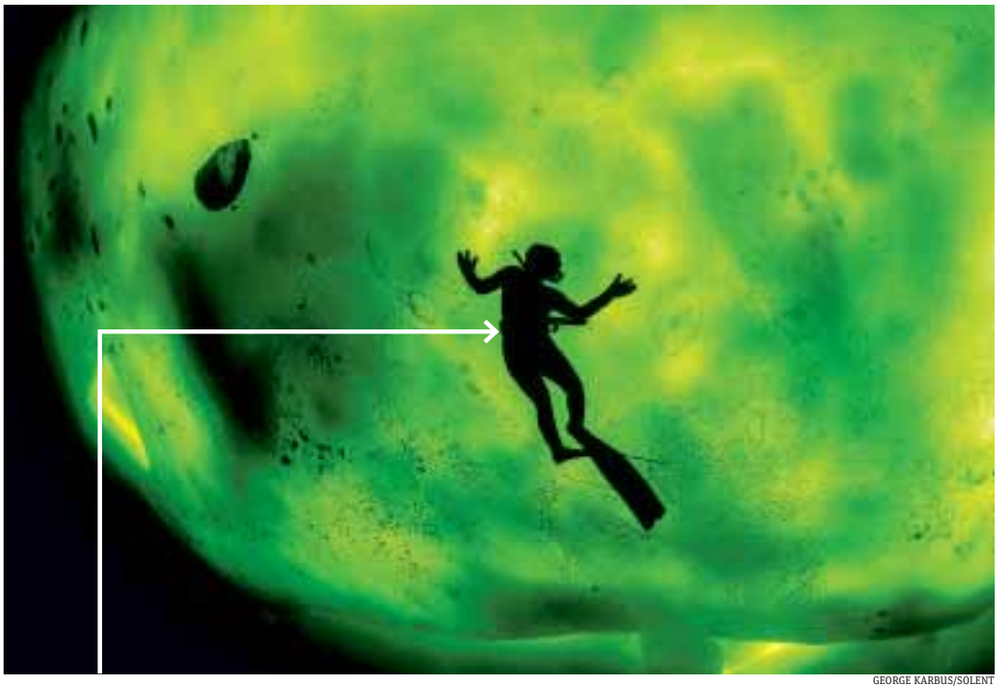
It was one of the lightest freeway traffic weekends anyone in Los Angeles could remember.

Hopes are high that next weekend will have the same happy result, as businesses and residents prepare to avoid the roadway that must close again so work can be completed on a bridge.

At Ronald Reagan UCLA Medical Center, just outside the Carmageddon Zone, officials plan to house as many as 300 doctors, nurses and other staff members in dorms at nearby hotels so nobody will have trouble getting to work.

THE ASSOCIATED PRESS

Alien world in the Arctic abyss



GEORGE KARBUS/SOLENT

Underwater photo

Otherworldly shot of northern lights

It's the northern lights, but like you've never seen before.

This shot by photographer George Karbus shows a diver's silhouette against the backdrop of aurora borealis, seen through a thick sheet of ice in the cold waters of the Arctic Circle.

"Cold, beauty, adventure" — the three words that encapsulate his image, Karbus said, adding his biggest ambition is, "to capture beauties of our fragile world and show everyone the real treasures of life." METRO

Q & A

'Just too beautiful'

Photographer George Karbus, 33, from Lahinch, County Clare, Ireland, talks to Metro.

Where did you take this image?
The White Sea in Russia, inside the Arctic Circle. It took two days by train to get to the spot by the White Sea. My girlfriend Kate Hamsikova and I set out with a guide on a snowmobile. We went diving after cutting through ice about one metre thick. One dive I noticed that Kate was upside down just under the ice pretty far from the hole we cut out, playing with little bubbles. I dove down for about eight metres to get this beautiful perspective of ice formation with Kate's silhouette.

Part of me wanted to enjoy the lights without taking photographs, but it was too hard to resist. It was just too beautiful.

What was the biggest challenge for you?
The cold water at around -2 C. Also, for the picture we dove without any rope lines. Normally when you're diving you need a rope so that you know where to return to, so it can be quite dangerous without it.

GEORGE KARBUS
Photographer

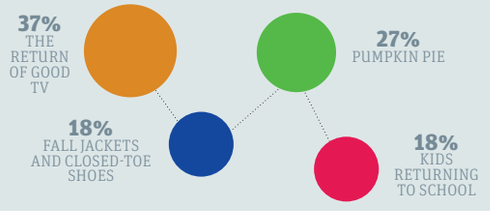
Photo in detail

- **Equipment used.** Karbus wore a 7 mm freediving wetsuit and used a Nikon D700 with a fisheye lens inside a Subal underwater housing device.
- **Water fan.** "I love the ocean and like to be there every day," said Karbus, who lives in Lahinch on the Atlantic coast. "I like to use my physical abilities and get with my camera in extreme angles to photograph big marine creatures."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

It's officially fall — what are you most excited about?



Twitter

@MadisonZyluk: Clear blue sky in #Winnipeg right now, I wonder how long that is gonna last! :P

@JFratthe: Toronto and Montreal has them. When will Winnipeg have their #Jets condo tower downtown? I'll be down to sell those!

@nabergman: I just want to cuddle is that too much to ask?

@mustafaali95: I hate work but love money.

@ThePJN: Superman is the Hugh Hefner of superheroes. At least in terms of constantly wearing pajamas.

@jeaninerose: Why is it that I have to scrape my windows in September?! #winnipegproblems

metro

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SCENE 2

Christina Hendricks of Mad Men. THE ASSOCIATED PRESS

Zooey Deschanel of New Girl. THE ASSOCIATED PRESS

Stars sizzle on the red carpet

Emmys. Louis C.K. wins award for best comedy writing; Modern Family racks up awards for best supporting actors and director in a comedy

Sofia Vergara ramped up the sizzle Sunday night on the Emmy Awards red carpet that already had TV's biggest stars talking about just how hot they were because of the sweltering temperatures in Los Angeles.

Vergara wore a teal-coloured gown by Zuhair Murad with beads all over and a cutout reverse halter neckline.

She helped fuel the trend toward bright, bold colour that was also worn by pregnant Claire Danes in strapless daffodil-yellow Lanvin.

Jonn Hamm of Mad Men and his girlfriend Jennifer Westfeldt. THE ASSOCIATED PRESS

Amy Poehler of Parks and Recreation. THE ASSOCIATED PRESS

Lena Dunham, creator of Girls. GETTY IMAGES

New Girl star Zooey Deschanel had a manicure with little TV sets on her thumbnails — perhaps the kind of thing "E!" had in mind for its mani-cam that had stars walking their fingers down a tiny red carpet.

As for the winners, they included Eric Stonestreet for best supporting actor on Modern Family; Louis C.K., for his writing on the comedy series Louis; Julie Bowen, for best supporting actress on Modern Family. Modern Family also won best directing of a comedy series, while Julia Louis-Dreyfus snagged best actress for her work on HBO's Veep, and Jon Cryer of Two and a Half Men won the best male lead in a comedy series.

In the reality TV category, Tom Bergeron of Dancing With the Stars was deemed the best host. Claire Danes won best actress in a drama series for Homeland, which also picked up an award for best writing in a drama series.

Aaron Paul, of AMC's Breaking Bad won best supporting actor in a drama series.

THE ASSOCIATED PRESS

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On the web

For more red carpet looks and a complete list of Emmy-award winners, scan the code above or visit metronews.ca.

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Amanda Bynes ALL PHOTOS GETTY IMAGES

Everyone is leaving Amanda Bynes

Things don't seem to be getting any better for Amanda Bynes. After being pulled over at the Burbank airport last week and having her car impounded, the actress has been charged with two counts of driving on a suspended license, according to TMZ.

On top of that, the troubled former child star was reportedly dropped by her agent, publicist and lawyer — all within the last few weeks — because she'd become "extremely difficult" this year. But a source close to Bynes says the actress isn't worried, since she's looking to transition from acting to fashion anyway.

Hilton apologizes about gay slur

Paris Hilton is on damage control after a recording of her calling gay men "disgusting" went public last week.

Hilton insists to gay rights group GLAAD that she "always will be a huge supporter of the gay community" in a public statement.

"I am so sorry and so upset that I caused pain to my gay friends, fans and their families," she says. "I was having a private conversation with a friend of mine who is gay and our conversation was in no way towards the entire gay community."

In the chat, secretly recorded during a taxi ride in New York, Hilton said, "Gay guys are the horniest people in the world. They're disgusting. Dude, most of them probably have AIDS."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Me Tarzan, you gum chewer

THE WORD
Dorothy Robinson
scene@metronews.ca

It's all gum all the time for Kellan Lutz — with a few starring roles thrown in.

Last Wednesday, the Twilight star popped up at Helen Mills, a theatre and event space in New York, to launch his latest endeavor: Being the enthusiastic spokesperson for iD gum, a new brand of the chewy stuff that's geared to teens.

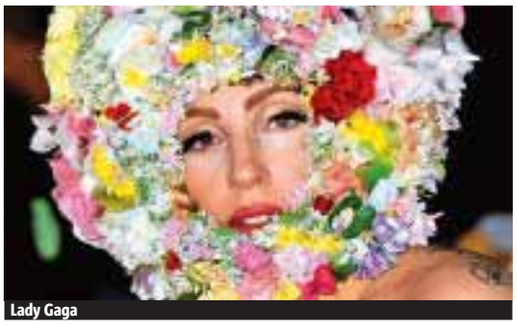
"Who would have thought 10, 20, 50 years ago that gum would be an accessory? Now it is. Now it's cool to show that you have gum versus hiding a piece of gum for your breath. Now it's like, 'Oh you've got some iD gum?'" the actor asked philosophically.

The collaboration between Lutz isn't just for profit, mind you. "I only want to stay true to my brand and do great quality products, which this is. I'm a huge fan of the gum. I love gum," he told a group of reporters about his decision to lend his name to iD.

Dude loves gum, am I right? So much so that even when we were able to get him off message to talk about what's next for his career, we couldn't help but read in between the lines (quotes in bold belong to The Word).

"It's bittersweet," he says about the end of Twilight **(and possibly a new flavour of gum)**. He continued: "It feels like a closing of a chapter but in a way it's like your last days of high school — you're really looking forward to college and I'm really looking forward to that **(like I'm looking forward to this piece of iD gum)**. It's been great having my own project now, to **(chew delicious gum and)** be the lead in Tarzan **(a character who wasn't fortunate enough to be alive when gum was so accessible, but I think he chewed on pine bark of some sort)**. Hopefully we can franchise that. It's going to be great **(just like this piece of iD gum I'm waiting to chomp on)**."

WITH ADDITIONAL REPORTING BY OLIVIA MORROW



Lady Gaga

Gaga talks weight, dad's new restaurant

Lady Gaga admits that she's put on some weight lately, but she's not stressing out about it.

"I'm dieting right now because I gained, like, 25 pounds," she says in a radio interview, according to the Huffington Post. "And you know, I really don't feel bad about it, not even for a second." While she's had a rather hectic tour schedule, she says part of the cause may be closer to home.

"I love eating pasta and pizza. I'm a New York Italian girl," Gaga says. "That's why I have been staying out of New York. My father opened a restaurant. It's so amazing, it's so freaking delicious, but I'm telling you I gain five pounds every time I go in there."

Twitter

@TheRealNimoy
Senor Quinto. Dinner soon?

@ZacharyQuinto
sunset between highland and crescent is really its own particular brand of crazy.

@jackiejcollins
Channing Tatum is good to look at

@SarahKSilverman
Dear men, I love you to pieces. So trust me when I tell you you've gotta stop wearing cologne immediately

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LIFE 3

Looking for ways to bring more joy to life at home? Clean up

Gretchen Rubin is the author of Happier at Home. SUBMITTED

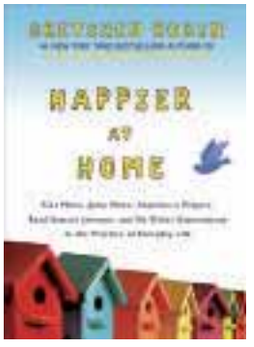
Book. Gretchen Rubin, author of the Happiness Project, is back with a new book, Happier at Home. The following is an excerpt from the book.

For me, fighting clutter is a never-ending battle; although I'd labored to clear clutter as part of my first happiness project, I was eager to find additional strategies to stop its insidious progress. Inspired by William Morris's rousing call to "Have nothing in your houses that you do not know to be useful, or believe to be beautiful," I resolved to "go shelf by shelf," then drawer by drawer, then closet by closet, to consider each of our possessions.

Did one of us use it or love it? Would we replace it if it were broken or lost? If so, was it in the right place? If not, why keep it?

Years ago, I started keeping a list of my Secrets of Adulthood — the large and small lessons I'd mastered as I'd grown up. Recent additions included:

• Just because something is fun for someone else doesn't mean it's fun for me.
• It's enormously helpful, and surprisingly difficult, to grasp the obvious.
• You need new friends and old friends.
• The quickest way to progress from A to B is not to work the hardest.
• It's easier to prevent pain than to squelch it (literally and figuratively).
• Where you start makes a big difference in where you end up.
• The opposite of a profound truth is also true.
• A change is as good as a rest.
• It's more important to say something than to say the right thing.
• The best reading is rereading.



One of the most helpful of these Secrets of Adulthood holds that "Outer order contributes to inner calm." Why is this true? Perhaps it's the tangible sense of control, or the relief from visual noise, or the release from guilt. In the span of a happy life, having a messy desk or an overflowing closet is clearly trivial, and yet creating order gives a disproportionate boost of energy and cheer. (Of all the resolutions that I've proposed, which one do people most often mention that they've tried, with great success? The resolution to "Make your bed.") EXCERPTED FROM HAPPIER AT HOME. COPYRIGHT 2012 GRETCHEN RUBIN. PUBLISHED BY DOUBLEDAY CANADA, AN IMPRINT OF THE DOUBLEDAY CANADA PUBLISHING GROUP, WHICH IS A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

Read it

Happier At Home is available at bookstores everywhere and Randomhouse.ca

Exclusively online

metronews.ca/voices

- **The name game.** How do you choose a baby name that's original but easy to pronounce, sophisticated but unpretentious, and would look good on the ballot for Prime Minister? Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

On the web

Qriket

Scan this code or visit metronews.ca/voices to find out why choosing a baby name is one of the most stressful things about being pregnant.

Before you pack up the fam and hit the road...

IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

Family travel is a great way to combine fun and learning for both adults and children. While no one can guarantee your family vacation will be perfect, try to ensure you make the most of it by taking the time to plan ahead.

Make sure you mix the historic (learning) and the hysteric (fun):

• Check out the school curriculum before planning a trip and see if there is a fit to what the kids are studying (geography, history, learning about currencies, etc.)

• Get some appropriate age level (fiction and non-fiction) books about where you're travelling, and read them together.

• Introduce some typical foods of the country you're going to visit, prior to going, so they seem somewhat familiar to the kids when you get there. This will help them gobble up local cuisine without complaint.

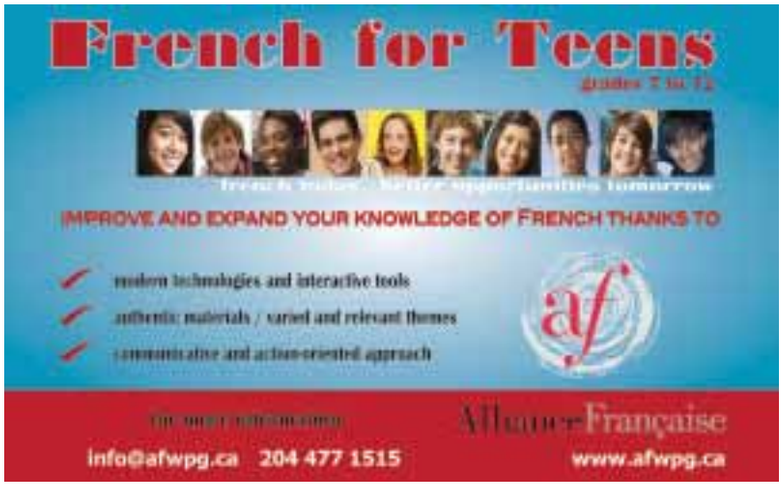
• Visit the websites for the tourism boards of the places you're going, and if you can, the hotels you'll be staying at.

• Pick out a few local customs (like shoes off in Japanese households) and explain how they came about, and why they are important to the residents of that country.

• Prepare a short (age appropriate) quiz for the car or plane ride about where you're going to go, and afterwards, what you saw.

Have fun with the entire family on vacation by following a few simple steps. ISTOCK

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM/ OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH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Retire the chicken-noodle combo and give trout a taste

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Several thousand years ago, people discovered that exposing fish to intense amounts of salt and smoke was a great way of preserving the catch for later.

Today, our smoking techniques are considerably more refined, and we do it more for flavour than as a means of preservation. And that makes it a shame more people don't think to reach for smoked fish as an effortless way to add gobs of flavour to the foods they love.

Change that with this recipe for Smoked Trout Noodle Soup, which isn't as strange as it sounds.

Smoked trout has a meaty texture similar to chicken. And the rich, smoky flavour is the perfect match for a soup thick with noodles.

1. In a large saucepan over medium-high, heat the oil. Add the garlic, carrots, onion, celery, peas, thyme and rosemary. Sauté for 5 minutes.

2. Add the chicken broth and bring to a simmer. Add the pasta and cook for 7 to 8 minutes, or until barely tender. Remove and discard the rosemary stem. Add the spinach and scallions and heat for 30 seconds. Season with salt and pepper.

3. Using a fork, flake and break up the trout into large bite-size chunks. Ladle the soup into serving bowls, then pile a bit of the trout in the centre of each.

THE ASSOCIATED PRESS

Ingredients

- 2 tbsp olive oil
- 1 clove garlic, minced
- 3 medium carrots, peeled and chopped
- 1 large yellow onion, diced
- 2 stalks celery, chopped
- 1 cup frozen peas
- 1 tbsp chopped fresh thyme
- Large sprig fresh rosemary
- 6 cups (1 1/2 quarts) chicken broth
- 2 cups elbow pasta
- 2 cups baby spinach
- 2 scallions, whites and greens, chopped
- Salt and ground black pepper
- 8-oz package smoked trout

Healthy eating

Choose it and lose it

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When burgers are loaded with cheese and bacon, you're just asking for an overload of all things unhealthy.

Wendy's Baconator

1,340 calories/ 91 gm fat/ 39 g saturated fat/2,840 mg sodium
You'll be lucky if you make it out of the restaurant without going into cardiac arrest after eating this burger's three patties, three cheese slices and nine bacon pieces.

Equivalent

Aside from being equivalent in fat to 10 Kobe style beef sliders from Milestones, Wendy's Baconator is also more than an entire day's worth of non-nutritional food.

Wendy's 1/2 Pound Double

880 calories/ 49 gm fat/ 21 g saturated fat/ 1,450 mg sodium
Splurge on half a pound of meat, which is close to half the calories, fat and sodium. That's still high for a meal but an improvement.

Thai. Hot and Sour Mushroom Soup

If you have been enjoying Tom Yum Het in your favourite Thai restaurant, why not try making this soup at home? It is fast and easy.

You can omit the noodles and serve it over cooked rice in bowls or add diced cooked chicken, shrimp or tofu.

1. In a medium saucepan, bring broth to a boil; add mushrooms, lime rind and juice, fish sauce and Asian chili paste.

2. Cover and cook over medium heat for 5 minutes or until mushrooms are tender. Stir in rice noodles and bring to a boil for 1 to 3 minutes or according to package directions.

Ingredients

- 2 cups (500 ml) reduced-sodium chicken broth
- 8 oz (250 g) sliced fresh mushrooms (white, oyster or cremini)
- 1/2 tsp (2 ml) finely grated lime rind
- 3 tbsp (45 ml) fresh lime juice
- 2 tbsp (30 ml) fish sauce
- 1/2 tsp (2 ml) Asian chili paste
- 1 oz (30 g) rice vermicelli noodles, broken in pieces (about 1 cup/ 250 ml)
- 2 green onions, thinly sliced

This recipe serves two. THE CANADIAN PRESS H/O

3. Serve in bowls garnished with green onions. THE CANADIAN PRESS/ MUSHROOMS CANADA, MUSHROOMS.CA

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Catching the customer in your wonderful web

That's out of site!

How to make the most of your online efforts

Prioritize your online domain and watch your customer base multiply. ISTOCK

Imagine you own a shoe store. It's in a busy shopping mall and has an inviting storefront with an attractive sign and window displays. You're almost guaranteed traffic — and probably sales, too, if you've got halfway decent products and prices.

Now picture that same shoe store on an out-of-the way country road with a grimy window and a crooked sign. It doesn't matter how great your footwear is. You probably won't have enough customers to stay in business.

Now ask yourself which of those two stores most resembles your company's website. In today's business world, your website is your storefront. It could be the main way customers are finding you and forming an impression about you.

A properly designed site is especially important if your business is growing and you are trying to improve your profile. But many small businesses don't devote a lot of effort to optimizing their site to ensure it's easily found via internet search engines and geared to help make sales.

Sites need improvement

"A well-designed site can help your company compete effectively with businesses that have deeper pockets and larger marketing budgets," says Michel Bergeron, Senior Vice President, Marketing and Public Affairs at the Business Development Bank of Canada.

Ranking high in search engine results is vital for your visibility online, Bergeron says. People rarely venture beyond the first page of a Google search result. Indeed, research indicates that websites appearing on the first page attract 90 per cent of the traffic.

Having a poorly optimized website can be a problem even if most of your sales don't happen over the Internet, says Mark Evans, a leading Canadian digital marketing and startup consultant.

"The Internet is the way most people discover new products and services."

Happily, small businesses can use simple, inexpensive tools to help level the playing field with large businesses, Evans says. "A small, agile, creative company can be as effective online as a big company."

Philip Murad has found a way to turn his website into a gold mine for his fast-growing business, Philip & Henry, which books magic shows for a network of magicians across North America. Murad's website accounts for three-quarters of his sales, which have been growing up to 30 per cent annually for the past decade.

Clean, simple layout

Visitors to Philip Murad's site are greeted with a clean, simple layout that's easy to navigate without a lot of scrolling or clicking. The site prominently displays links allowing them to get a price quote or book a show in their area. There's also a short YouTube video featuring happy customers, and contact information is easy to find at the top of the page.

NEWS CANADA

Magic tricks

Philip Murad's business website shows up on the first page out of 150 million results for the term 'magic shows.' A paid ad for Philip & Henry is the top result in a search for 'magician.'

- Murad credits years of experimentation with search engine optimization — the art of getting search engines like Google to rank your site near the top. He sprinkles his content with a few dozen keywords that describe his business and help him stand out from the competition.

The In-Credibility Factor

Terry Beech PROVIDED

Name: Terry Beech
City: Vancouver
Age: 31
Occupation: Co-founder and CEO of HiretheWorld

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

As the youngest elected official ever in Canada (he was a city councillor for Nanaimo, B.C. when he was 18) Beech went on to co-create HiretheWorld. The online company is a marketplace for graphic design attracting designers from 132 countries.

I knew I was on my way when... I started running into happy customers. I'd be driving downtown and see a restaurant storefront that was entirely designed on my site. I flew to Heathrow in London and I had my HiretheWorld shirt on. A lady ran up to me and told me that her company logo had been done on my site.

A large majority of our business is word of mouth. We want to grow, grow, and grow. We want to expand internationally and I'm excited about all the other entrepreneurial opportunities out there.

Action Plan

• Have an intense focus on value creation. Think about how you can make a person's life better rather than make another dollar. If you provide value to the consumer then the money will come.

• Surround yourself with amazing people who love what they do. Being an entrepreneur is hard enough and you don't need to waste your time and energy with employees who are just adequate. If you want to be a rock star surround yourself with rock stars and your odds of success will exponentially increase.

• Do not develop a fear about what other people think of you because it will prevent you from taking risks. I never regret the risk that went badly but I regret the risks I didn't take because I was playing it safe.

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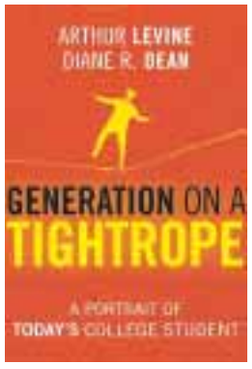
A balancing act for students of today

Practical pupils.
Author points to a generation of scholars who feel compelled to bring in the cash

BRUCE WALSH
Metro World News in Philadelphia



Arthur Levine has been studying the zeitgeist of college students since 1980, when he published an important study on the core beliefs and attitudes of students, When Dreams and Heroes Died.

But every 10 years or so Levine is forced to start again from scratch; a new generation emerges with completely different fears, hopes and convictions. His latest, Generation on a Tightrope, co-authored with Illinois State professor Diane R. Dean, is one of the most thorough studies of millennial students to date.

The authors surveyed more than 5,000 students and 270 student affairs officers and conducted focus groups on more than 30 campuses. For Levine, one result stands out among the piles of data: This is the most practical-minded generation he has ever studied.

Levine entered the project believing 9-11 would be a shared, defining moment for millennials, similar to the Great Depression and Vietnam for previous generations. But he quickly discovered that the advent of the Internet and the economic crash of 2009 were far more influential. "More of them feel that money is critically important than we've seen in the past. They pick majors that they think will earn them money as opposed to what they want to study," explains Levine. "And, who can blame them? It's a scary time to be growing up. This is a generation that works more hours while going to college than ever before — just in order to afford it."

Strengths and weaknesses

Levine notes that, like every generation, Millennials have strengths and weaknesses.

"Race relations have improved dramatically. This generation tends to be wonderful at working in diverse groups. They are terrific at networking and building teams. However, they seem to be very dependent on adults — more so than before. They want someone to set the rules for them. And that could be a problem, because we're entering into a period in which change will be the norm."

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SPORTS 4

Titans quarterback Jake Locker passes as Lions defenders converge on him, Sunday, in Memphis, Tenn. JOE ROBBINS/GETTY IMAGES

Titans avoid Titanic collapse in overtime

NFL. Detroit's frantic comeback attempt falls short in wild overtime game in Tennessee

Call this one Music City Mayhem.

The Tennessee Titans are winless no more after an unforgettable overtime victory over the Detroit Lions featuring an endless stream of big plays and some suspect officiating.

Rob Bironas kicked a 26-yard field goal in overtime, and the Titans stopped backup quarterback Shaun Hill on fourth-and-1 at the Tennessee 7 to finally pull out a 44-41 win Sunday.

The Titans (1-2) blew a 20-9 halftime lead in a game featuring huge scoring swings. They became the first NFL team to score five touchdowns of 60 yards or longer in a single game.

Detroit scored 18 straight points, then Tennessee answered with 21 points before the Lions scored the final 14 of regulation in a span of 18 seconds — the first team to do that since at least 1983, according to STATS LLC.

The touchdown that forced overtime came on a tipped desperation pass after Detroit recovered an onside kick and got an assist from the replacement officials who did not review a possible turnover.

"Both of us looked at each other and said, 'We've never been through something like this in our lives,'" Titans coach Mike Munchak said of Detroit coach Jim Schwartz, a former colleague in Nashville. "It's hard to put in words what to say about that. We both could've won in so many ways."

A total of 46 points came in the fourth period. Then in overtime, Bironas' third field goal put Tennessee ahead to stay. THE ASSOCIATED PRESS

Around the NFL

- **Chiefs 27, Saints 24 OT.** Ryan Succop kicked six field goals, one to force overtime in the final seconds and another from 31 yards to lift Kansas City to its first win and keep New Orleans winless.
- **Bills 24, Browns 14.** Ryan Fitzpatrick threw three touchdown passes and Buffalo overcame the loss of running back C.J. Spiller in snapping an eight-game road losing streak in Cleveland.
- **Texans 31, Broncos 25.** Matt Schaub outplayed Peyton Manning, throwing four touchdown passes for Houston against a confused Denver defence.

NHL

Owners, union to discuss revenue

The NHL and NHL Players' Association are set to meet for the first time in nearly two weeks, but a discussion about a new collective bargaining agreement isn't on the agenda.

Instead, the sides will discuss the accounting for last season's hockey-related revenue when they sit down together on Monday morning in Toronto.

It's the first time they've met since Sept. 12, when each side tabled a proposal. THE CANADIAN PRESS

CFL

Alouettes roll past Ray-less Argos

Victor Anderson and Trent Guy each scored two touchdowns as the Montreal Alouettes tightened their grip on first place in the East Division on Sunday with a 31-10 win over the Toronto Argonauts, who lost quarterback Ricky Ray to injury.

Montreal (8-4), with its sixth win in seven games, moved four points clear of second-place Toronto (6-6).

Ray left late in the opening quarter after he collided with a teammate while completing a pass to Jeff Johnson. There was no immediate word on his condition. THE CANADIAN PRESS

Toronto's Chad Owens, left, battles for the ball with Rod Davis in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

Riders make good on stopping Cornish

Riders quarterback Darian Durant, left, and slotback Weston Dressler celebrate a second-half touchdown on Sunday in Regina. LIAM RICHARDS/THE CANADIAN PRESS

Joe Lobendahn may have saved somebody's job.

The Saskatchewan Roughriders' middle linebacker made five defensive tackles and a game-changing interception for the Saskatchewan Roughriders in a 30-25 win Sunday over the Calgary Stampeders.

He was also a key cog in a defensive scheme that held Calgary tailback Jon Cornish, the CFL's leading rusher, to 67 yards rushing as Saskatchewan (6-6) ended a four-game winning streak for second-place Calgary (7-5).

Roughriders head coach Corey Chamblin pledged earlier in the week to make personnel changes if Cornish ran for over 100 yards against Saskatchewan.

"Joe is one of the guys that if you were in a dark alley and you saw Joe you'd better run," said Chamblin. "He's tough. Joe is a tough-minded individual. You could see it in his eyes every day that all he wants to do is win."

But Lobendahn never lost focus.

With the game tied 13-13 in the third quarter, the five-year CFL veteran picked off Calgary quarterback Kevin Glenn on a short pass over the middle and returned the ball 16 yards deep into Stamps territory.

The play seemed to energize his teammates and helped set up a TD pass two plays later from Darian Durant to Weston Dressler. Saskatchewan never trailed from that point on. THE CANADIAN PRESS

Quoted

"We didn't play very well collectively and I'm not taking anything away from Saskatchewan, because they did."

Stampeders coach John Hufnagel

Mobile sports

Qriket

Manny Pacquiao has made another concession in offering to take less money and relent top-billing in order to entice Floyd Mayweather Jr. into the ring, yet boxing's long-awaited super-fight is still far from a sure thing.

Horoscopes

♈ Aries
March 21 - April 20
Keep things simple this week because if you lose focus you will get confused and make it easy for your rivals to get the better of you – and no way should they ever be better than you.

♉ Taurus
April 21 - May 21
Ever had the feeling that you are repeating yourself? If you get it today you must stand back from what you are doing and try to remember when and where it occurred before. It could save you money.

♊ Gemini
May 22 - June 21
Think carefully about what you are about to do and don't do it unless you are absolutely sure it is right and proper. The planets indicate you won't lose out by being a bit more cautious than usual.

♋ Cancer
June 22 - July 23
The most important thing now is that you are clear in your own mind about your feelings and motivations. Time spent thinking will not be time lost. On the contrary, it's an investment in your future success.

♌ Leo
July 24 - Aug. 23
It would be wise to compromise with loved ones and colleagues today, even if you honestly believe that you are right and they are wrong. They have the power to make life uncomfortable for you if they so choose.

♍ Virgo
Aug. 24 - Sept. 23
You have important things to do and you cannot afford to waste time on small talk or idle chatter. You may have to be blunt, even rude, with people who seem unable to raise their sights as high as your own.

♎ Libra
Sept. 24 - Oct. 23
You are the most important person in your life and must always put yourself first. That might sound selfish but until you take care of your own needs and desires you won't be able to take care of others.

♏ Scorpio
Oct. 24 - Nov. 22
What you learn today will in some small but important way change how you look at the world. Just because different people have different ways of seeing does not mean that one is right and one is wrong.

♐ Sagittarius
Nov. 23 - Dec. 21
Make peace with rivals and enemies. You have more important things to do with your time than waste it on petty feuds. The good news? Someone you meet on your travels could turn out to be your new best friend.

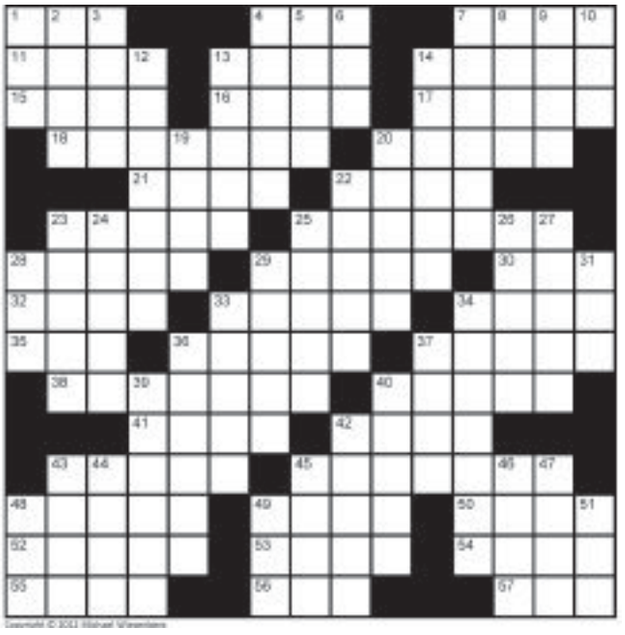
♑ Capricorn
Dec. 22 - Jan. 20
Stop complaining that things never go right for you and take charge of your own destiny. If you look for the pattern behind your existence you will find it, and once you have found it you will find happiness too.

♒ Aquarius
Jan. 21 - Feb. 19
You need to be a bit more active and assertive. You can, if you wish, sit back and let life come to you but at some point in the future you will look back and wish you had been more ambitious.

♓ Pisces
Feb. 20 - March 20
Someone you usually get along with will say something critical today and if you are smart you will act on their comments. When a true friend gives you a warning you should take it as a wake-up call. **SALLY BROMPTON**

Mishmash

BY MICHAEL WIESENBERG



Across
1. 747, 767, or 777
4. Cut grass
7. Dart here and there
11. Affirm confidently
13. ___ Scotia
14. Greek Mediterranean island that was the centre of the Minoan civilization
15. ___ noire: frightful thing
16. Couturier ___ Saint Laurent
17. Excessive hurry
18. Third-largest municipality in 25-Across (2 wds.)
20. He-man's antithesis
21. "Blueberry Hill" singer ___ Domino
22. Animals, to hunters
23. One-armed bandits, for short
25. Canada's first province, alphabetically
28. Cognizant of one's surroundings
29. Battle wounds
30. Big ___: large truck
32. "My name is ___, James ..."
33. Odin's mythology
34. Equine female
35. Before: poetic
36. Steams up
37. DSL need
38. 25-Across's northern member of the CFL
40. Bathroom floor worker
41. Wedding day exchanges (2 wds.)
42. "The Seven Deadly ___"
43. Toy bear named for a US president
45. Vancouver CFL team (2 wds)
48. "En ___!": fencer's alert
49. Apple covering
50. Tidy
52. Foreigner
53. Broadway award
54. Big truck
55. A person's equal
56. Tidbit for an aardvark
57. Bear's hibernation spot

Down
1. Boxing blow
2. Any time
3. Head: Fr.
4. Relocates
5. Done
6. Existed
7. The longest river in BC
8. Not more
9. Teeny
10. Golf stand
12. Sundance Film Festival founder Robert
13. Kremlin denials
14. Musical bells
19. Go out with
20. Bladed weapon
22. Drinking vessel
23. Said "#@$&!!"
24. Country roads
25. 43,560-square-foot units
26. Occupation
27. Broadcaster
28. "Honest ___": President Lincoln
29. Individual performances at a concert
31. Amethyst or tourmaline
33. Leonard ___: Star Trek's Spock portrayer
34. Beer that had the "I Am Canadian" ad campaign
36. Word after debt or guilt meaning "overwhelmed by"
37. BMW subcompact model taken over from Rover in 2000
39. Margot ___: Yellowknife-born Lois Lane portrayer in four Superman movies
40. Canadian actress and poker player Jennifer (Oscar-nominated for Bullets Over Broadway) or younger sister actress Meg
42. A bloodhound follows one
43. Dickens' A ___ of Two Cities
44. Great Lake
45. ___ the lookout for: watch for (2 wds.)
46. Require
47. Identical
48. "Mind the ___": London Underground warning
49. School fund-raising grp.
51. Frontier badge material

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1			9					
6		3		2	4			5
	9	4	7					
						3	6	
4		2				8		9
	7	1						
					5	7	9	
8			3	6		2		1
					2			4

Friday's Sudoku

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 16° MIN: 10°	MAX: 14° MIN: 2°	MAX: 18° MIN: 7°

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